- A sizing composition for glass fibers, comprising at least one film-former;
 - at least one lubricant; and

- at least one silane comprising an alkenyl group comprising a straight chain segment

 of at least five carbon atoms, wherein at least one carbon-carbon double bond is terminal and
 wherein the carbon atoms on the terminal double bond are unsubstituted.
 - 2. The sizing composition of claim 1, wherein the at least one silane comprises at least one of 5-hexenyltrimethoxysilane, 6-heptenyltrimethoxysilane, and 7-octenyltrimethoxysilane.
 - 3. The sizing composition of claim 1, wherein the at least one silane comprises 5-hexenyltrimethoxysilane.
- 15 4. The sizing composition of claim 1, wherein the at least one silane comprises from about 1 to about 25 percent by weight of the sizing composition on a total solids basis.
 - 5. The sizing composition of claim 1, wherein the at least one silane comprises from about 5 to about 15 percent by weight of the sizing composition on a total solids basis.
 - 6. The sizing composition of claim 1, wherein the at least one silane does not comprise any of the following functional groups: primary amines, thiols, terminal epoxides, hydroperoxides, activated epoxides, acetylenes, and vinyl ethers.

- 7. The sizing composition of claim 1, wherein the at least one film-former does not comprise any of the following functional groups: primary amines, thiols, terminal epoxides, hydroperoxides, activated epoxides, acetylenes, and vinyl ethers.
- 8. The sizing composition of claim 1, wherein at the at least one film-former comprises at least one of epoxies, polyvinyl acetates, and polyesters.

- 9. The sizing composition of claim 1, wherein the at least one film-former comprises an epoxy having an epoxide equivalent molecular weight of 500 or less.
 - 10. The sizing composition of claim 9, wherein a second film-former comprises a second epoxy having an epoxide equivalent molecular weight of 500 or more.
- 15 11. The sizing composition of claim 10, wherein the amount of the first epoxy in the sizing composition is greater than the amount of the second epoxy.
 - 12. The sizing composition of claim 1, wherein the at least one film-former comprises from about 30 to about 80 percent by weight of the sizing composition on a total solids basis.
 - 13. The sizing composition of claim 1, wherein the at least one lubricant comprises at least one non-ionic lubricant.

- 14. The sizing composition of claim 14, wherein the at least one non-ionic lubricant does not comprise any of the following functional groups: primary amines, thiols, terminal epoxides, hydroperoxides, activated epoxides, acetylenes, and vinyl ethers.
- 5 15. The sizing composition of claim 14, wherein the at least one non-ionic lubricant comprises at least one ethoxylated fatty alcohol.
 - 16. The sizing composition of claim 14, wherein the at least one non-ionic lubricant comprises up to about 55 percent by weight of the sizing composition on a total solids basis.
 - 17. The sizing composition of claim 1, wherein the at least one lubricant comprises at least one cationic lubricant.
- 18. The sizing composition of claim 17, wherein the concentration of the cationiclubricant is sufficiently low to avoid poisoning a ring-opening metathesis polymerization catalyst.
 - 19. The sizing composition of claim 17, wherein the at least one cationic lubricant comprises up to about 2 percent by weight of the sizing composition on a total solids basis.

20. A sizing composition for glass fibers, comprising

at least one film-former in an amount ranging from about 40 weight percent to about 70 weight percent on a total solids basis;

at least one non-ionic lubricant in an amount ranging from about 20 weight percent to about 50 weight percent on a total solids basis;

at least cationic lubricant in an amount ranging up to about 2 weight percent on a total solids basis; and

at least one silane comprising an alkenyl group comprising a straight chain segment of at least five carbon atoms, wherein at least one carbon-carbon double bond is terminal and wherein the carbon atoms on the terminal double bond are unsubstituted, in an amount ranging from about 5 weight percent to about 15 weight percent on a total solids basis.

- 21. The sizing composition of claim 20, wherein the at least one silane comprises at least one of 5-hexenyltrimethoxysilane, 6-heptenyltrimethoxysilane, and
- 15 7-octenyltrimethoxysilane.
 - 22. The sizing composition of claim 20, wherein the at least one silane comprises 5-hexenyltrimethoxysilane.

20

5

- 23. A fiber glass strand comprising at least one glass fiber at least partially coated with a sizing composition, the sizing composition comprising:
 - at least one film-former;
 - at least one lubricant; and

- at least one silane comprising an alkenyl group comprising a straight chain segment of at least five carbon atoms, wherein at least one carbon-carbon double bond is terminal and wherein the carbon atoms on the terminal double bond are unsubstituted.
- The fiber glass strand of claim 23, wherein the at least one silane comprises at least
 one of 5-hexenyltrimethoxysilane, 6-heptenyltrimethoxysilane, and
 7-octenyltrimethoxysilane.
 - 25. The fiber glass strand of claim 23, wherein the at least one silane comprises 5-hexenyltrimethoxysilane.
 - 26. The fiber glass strand of claim 23, wherein the at least one silane does not comprise any of the following functional groups: primary amines, thiols, terminal epoxides, hydroperoxides, activated epoxides, acetylenes, and vinyl ethers.
- 27. The fiber glass strand of claim 23, wherein the at least one film-former does not comprise any of the following functional groups: primary amines, thiols, terminal epoxides, hydroperoxides, activated epoxides, acetylenes, and vinyl ethers.

28. The fiber glass strand of claim 23, wherein at the at least one film-former comprises at least one of epoxies, polyvinyl acetates, and polyesters.

5

- 29. The fiber glass strand of claim 23, wherein the at least one film-former comprises an epoxy having an epoxide equivalent molecular weight of 500 or less.
 - 30. The fiber glass strand of claim 29, wherein a second film-former comprises a second epoxy having an epoxide equivalent molecular weight of 500 or more.
- 10 31. The fiber glass strand of claim 30, wherein the amount of the first epoxy in the sizing composition is greater than the amount of the second epoxy.
 - 32. The fiber glass strand of claim 23, wherein the at least one lubricant comprises at least one non-ionic lubricant.
 - 33. The fiber glass strand of claim 32, wherein the at least one non-ionic lubricant comprises at least one ethoxylated fatty alcohol.
- 34. The fiber glass strand of claim 23, wherein the at least one lubricant comprises at least one cationic lubricant.
 - 35. The fiber glass strand of claim 34, wherein the at least one cationic lubricant comprises up to about 2 percent by weight of the sizing composition on a total solids basis.

36. A polyolefin composite, comprising:

* 63 0 6 10 5

5

10

- (a) a plurality of glass fibers at least partially coated with a sizing composition, the sizing composition comprising:
 - (i) at least one film-former;
 - (ii) at least one lubricant; and
- (ii) at least one silane comprising an alkenyl group comprising a straight chain segment of at least five carbon atoms, wherein at least one carbon-carbon double bond is terminal and wherein the carbon atoms on the terminal double bond are unsubstituted; and
- (b) a polyolefin prepared by polymerizing a cycloolefin using a ring-opening metathesis polymerization catalyst.
 - 37. The polyolefin composite of claim 36, wherein the polyolefin comprises polymers formed by polymerizing dicyclopentadiene.
- 38. The polyolefin composite of claim 36, wherein the at least one silane comprises at least one of 5-hexenyltrimethoxysilane, 6-heptenyltrimethoxysilane, and 7-octenyltrimethoxysilane.
- 20 39. The polyolefin composite of claim 36, wherein the at least one silane comprises 5-hexenyltrimethoxysilane.

40. The polyolefin composite of claim 36, wherein the at least one silane does not comprise any of the following functional groups: primary amines, thiols, terminal epoxides, hydroperoxides, activated epoxides, acetylenes, and vinyl ethers.

4 9 0 0 B

- The polyolefin composite of claim 36, wherein the at least one film-former does not comprise any of the following functional groups: primary amines, thiols, terminal epoxides, hydroperoxides, activated epoxides, acetylenes, and vinyl ethers.
- 42. The polyolefin composite of claim 36, wherein at the at least one film-former comprises at least one of epoxies, polyvinyl acetates, and polyesters.
 - 43. The polyolefin composite of claim 36, wherein the at least one film-former comprises an epoxy having an epoxide equivalent molecular weight of 500 or less.
- 15 44. The polyolefin composite of claim 43, wherein a second film-former comprises a second epoxy having an epoxide equivalent molecular weight of 500 or more.
 - 45. The polyolefin composite of claim 44, wherein the amount of the first epoxy in the sizing composition is greater than the amount of the second epoxy.
 - 46. The polyolefin composite of claim 36, wherein the at least one lubricant comprises at least one non-ionic lubricant.

- 47. The polyolefin composite of claim 46, wherein the at least one non-ionic lubricant comprises at least one ethoxylated fatty alcohol.
- 48. The polyolefin composite of claim 36, wherein the at least one lubricant comprises at least one cationic lubricant.
 - 49. The polyolefin composite of claim 48, wherein the at least one cationic lubricant comprises up to about 2 percent by weight of the sizing composition on a total solids basis.